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WHAT AWAITS US



metroNEWS Pages 3, 6-8, 10, 11

- Pot rules press ahead
- B.C. leaders lay out hopes
- Canada's new image
- Tories pointing fingers
- NDP still in disbelief

FRED CHARTRAND/THE CANADIAN PRESS

Harm reduction 'back on the table'

DRUGS

Safe injection sites may now flourish under Justin Trudeau



**Matt
Kiely**
Metro | Vancouver

A Liberal majority government will open the door for more

supervised injection sites across Canada, according to Larry Campbell.

The Liberal senator was Vancouver's mayor when Insite became the first supervised injection site in North America.

It remains the only facility of its kind (although the Dr. Peter Centre also provides injection services for clients) thanks to Stephen Harper's repeated failed attempts to shut it down through the courts and legislation making it almost impossible for other

cities to adopt a similar model.

But with a clear Justin Trudeau election-night victory, the battle between evidence-based harm reduction and ideology is over, said Campbell.

"I think we'll see harm reduction back on the table," Campbell told Metro on Tuesday. "Insite wasn't going anywhere; they won that battle. Two million injections and no deaths — the evidence is there."

Hedy Fry, the re-elected Liberal MP for Vancouver Centre, said



**We spent 10 years
going nowhere.**

Dr. Mark Lysyshyn

her party was a key partner in the Vancouver Agreement that led to Insite.

There would have been more had the Liberals not lost control of Ottawa, she said.

"(Insite) was the beginning of evidence-based decision making.

It worked. The sad thing is in those nine years, a lot of people died," said Fry. "Justin (Trudeau) said very clearly that he will ensure any community that wants to set up a supervised injection site will be able to."

Victoria, Ottawa and Montreal are prime candidates, she said.

Vancouver may not be done either. Vancouver Coastal Health's (VCH) second-generation Downtown Eastside strategy talks about the need to strengthen Insite's service and to integrate

supervised injections into other community services.

Now that the Liberals have won a surprise majority, VCH medical health officer Dr. Mark Lysyshyn said the organization may go back to the drawing board with renewed optimism.

"We didn't really expect this," admitted Lysyshyn. "There was supposed to be a Canadian drug strategy with harm reduction before Harper came to power. Then we spent 10 years going nowhere with it."

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The Liberals potentially could borrow from Vancouver's plan regarding illegal dispensaries, and apply it to cities around the country. EMILY JACKSON/METRO FILE

VOTING

Province betters national turnout



New voters saw the power of democracy in action on Monday, according to Liberal MP Hedy Fry. The now eight-time representative for Vancouver Centre told Metro on Tuesday that one of the success stories of the election — other than her own party's triumph — was voter engagement.

Elections Canada is reporting that the preliminary voter turnout countrywide was 68.49 per cent, the highest of any federal election since 1993.

British Columbians bettered the national average, with 70.36 per cent of registered voters casting a ballot.

"People of this country decided they had enough (of a Conservative government) and wanted to change things," said Fry, whose riding had a 68.26 per cent voter turnout. "They voted and made a difference. What you have is a whole generation that saw 'I can change things.' That's a strong feeling."

While still basking in the glow of a historic showing from the Liberal party, Fry — who held onto her seat when the Liberals were bounced from office in 2006 — knows the strong show of support from Canadians isn't unconditional.

"We have to now be worthy of their trust," she said.

Robertson: City to push ahead with pot regulation

MARIJUANA

Dispensary licensing plan won't wait for Liberal policy



Emily Jackson
Metro | Vancouver

Vancouver will not pause its push to regulate illegal mari-

juana dispensaries to wait and see what the Liberals, who have promised to legalize marijuana, have in store for pot shops, Mayor Gregor Robertson said at a news conference Tuesday.

"We're midstream in implementing the new regulations for marijuana dispensaries. I expect that work will continue," Robertson told reporters.

The city is in the midst of a very complex business licensing process that aims to control



The current system is broken.

Mayor Gregor Robertson

the more than 100 pot shops that have cropped up around town in the past few years. It aims to balance access for patients with keeping marijuana away from children, and it's proceeding even though the

federal government outlaws the sale of pot from dispensaries.

But it's not clear if these regulations will mesh with federal law if the Liberals follow through with their promise to legalize, regulate and tax marijuana. If they don't, the city could be wasting its time and money on a system that will soon be outdated.

Alternatively, Robertson hinted the Liberals could borrow the city's plan and apply

it to cities around the country.

"We've obviously got a jump on that given the work we're doing to regulate dispensaries," he said. "That will need to be harmonized with a new federal approach."

Regardless, Robertson supports drug policy reform and will otherwise leave it in the federal government's court.

"The current system is broken and basically just serves to enrich organized crime," he said. "We want to see change."

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A city rendering of what Northeast False Creek will look like after the viaducts are torn down. CONTRIBUTED

Vancouver could reap \$300M

INFRASTRUCTURE

Land sales to help pay for cost of tearing down viaducts



Emily Jackson
Metro | Vancouver

Vancouver expects to get enough cash from land sales and developer contributions to cover the cost of tearing down the viaducts — with enough left over for goodies including daycare and affordable housing.

In a presentation in which the city's top bureaucrats urged council on Tuesday to demolish the viaducts, outgoing head planner Brian Jackson said the city expects to pull in \$300 million from various sources if they tear down the viaducts and greatly increase the density

of the neighbourhood that will be built there.

That's plenty to cover the approximately \$200-million cost of tearing down the aging infrastructure and building at-grade roadways, Jackson said in his final plea for councillors to "tear down that wall."

But to get the cash influx, the city recommends a maximum density that's nearly double what's currently allowed in the desirable neighbourhood next to False Creek. It would let Concord Pacific build up to 2.5 million square feet, a jump from the 1.36 million square feet currently permitted.

The only other project of a similar size, the Oakridge rezoning for about 2 million square feet, netted about \$148 million in developer contributions, Jackson said. Should Concord pay a similar contribution — some of it will go to the province, based on agree-



Another view of the city, minus the viaducts. CONTRIBUTED

ments made in the late 1980s and early 1990s — it seems taxpayers won't be on the hook for construction costs.

Jackson insisted the increase in density is not about the developer but about an opportunity for urban design. He said

the boost was not a top-down decision and that staff feel very comfortable working with that number in negotiations with Concord.

Turning the viaducts into a New York City-style High Line isn't a desirable option because



I can't think of a more green, non-partisan, visionary thing that this council can do in this term.

Brian Jackson, outgoing head planner

there's too much unproductive space underneath, Jackson argued. Instead, the removal could lead to 400 to 500 units of affordable housing, one of the largest parks downtown and a more walkable environment.

"I can't think of a more green, non-partisan, visionary thing that this council can do in this term," Jackson said.

The funding plan would fall apart if council eventually turns down Concord's rezoning application, which it intends to file if council passes the removal plan, Jackson said.

Councillors also peppered Jackson and Jerry Dobrovolsky, who was promoted to head engineer on Tuesday, with ques-

tions on how the removal will impact traffic flow.

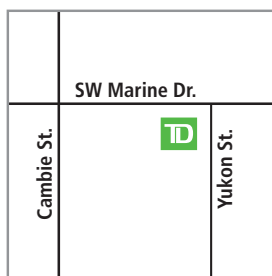
Dobrovolsky focused on safety and said new analysis shows the viaducts would collapse in an earthquake, which is especially problematic since they travel over the SkyTrain guideway and Main Street.

The replacement at-grade roadway will be comparable to major arterials such as Granville, Oak and Broadway, he said.

They insisted the teardown will only increase travel time by about one to three minutes and will make it easier for cars to select the most direct routes instead of getting stuck on a freeway.

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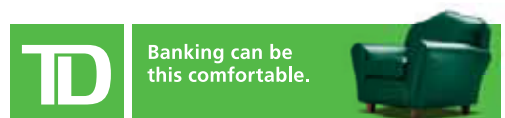


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City mulls easing rules on taxis

COUNCIL

Monitoring recommended through spot checks, GPS



Emily Jackson
Metro | Vancouver

Vancouver councillors are worried they won't be able to enforce the rules if they ease restrictions on a few dozen suburban taxis.

Council questioned on Tuesday a staff report that recommends approving licences for 38 suburban cabs to operate in the busy downtown entertainment district when nightclubs empty on Friday and Saturday nights.

The new licences would allow drivers from places including Surrey to pick up passengers on their way back to the suburbs, a practice that is currently prohibited to limit competition for Vancouver taxis. Staff recommended two



Council may approve licences for 38 suburban cabs to operate downtown Friday and Saturday nights. JENNIFER GAUTHIER/METRO FILE

methods to enforce the new, slightly looser rules. Spot checks by city or provincial inspectors and police, and GPS tracking of which cab picks up where could be used to levy fines.

Suburban cabs that receive licences would have their GPS monitored by the city, said Andrea Toma, director of licensing.

But Vision Vancouver councillors Geoff Meggs and Ray-

mond Louie questioned how the city could stop suburban cabs from picking up passengers outside the designated hours or in general.

"I believe there are many more than 38 suburban cabs

operating illicitly in the city," Meggs said, calling it a "huge concern" for taxi owners because it undermines the value of their assets.

Louie questioned whether there are enough resources to

66

I believe there are many more than 38 illicit suburban cabs operating illicitly in the city.

Coun. Raymond Louie

increase enforcement.

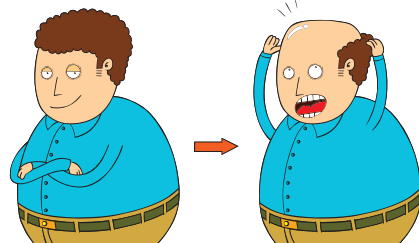
The 38 licences are part of a wider report that recommends expanding the taxi service. The city took the extreme step of hiring a mediator to participate in consultation with stakeholders including the Vancouver Taxi Association and suburban taxi companies.

The report was expected to make a recommendation on ride-sharing services such as Uber and Lyft, but it held off.

Instead it recommended working with the province and other municipalities to come up with a regional solution on how to deal with Uber.

The public will have a chance to comment on the changes on Oct. 29 before council makes its final decision.

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POLITICS

Mayor believes Trudeau win bodes well for Vancouver

Vancouver's mayor is clearly excited to work with a prime minister with B.C. roots who has promised to pay attention to cities.

Mayor Gregor Robertson held a news conference Tuesday where he called Liberal Leader Justin Trudeau's resounding win in Monday's federal election an opportunity to "reset the relations between Canada's cities and our federal government."

"Frankly, the past decade has been a lost opportunity for cities with a Conservative government that simply did not have a plan for affordable housing or transit nationally that was credible in any way ... voters clearly recognized that," he said.

Should the Liberals start doling out cash for major infrastructure projects, Robertson sounded hopeful Vancouver will be high on the list.

"I'd like to think that having a prime minister that considers Vancouver his second home will be important for recognizing the specific challenges here on the ground," he said.

"I'm looking forward to that relationship the prime minister has to Vancouver being an



B.C. buds Vancouver Mayor Gregor Robertson and Liberal prime minister-designate Justin Trudeau in Vancouver in spring 2013. INSTAGRAM: @VANMAYORSOFFICE

important one."

While the mayor listed a variety of wants, transit funding — particularly for the \$3-billion Broadway subway — appeared to be his top ask. Transit improvements are urgently needed to deal with the city's gridlock, Robertson said.

The province recommitted Tuesday to fund its share of transit projects in the Lower Mainland, leaving the mayors' council hastily trying to come up with the remaining

third of the funding. But Robertson pointed out cities need the province to approve new funding sources.

How quickly new transit gets built could come down to whether the province approves a regional carbon tax or allows the mayors to use road pricing without having to go through another referendum. A regional sales tax is off the table after an unsuccessful referendum in spring 2015.

EMILY JACKSON/METRO

Clark outlines local priorities

TRUDEAU GOVERNMENT

Nation should follow B.C. on carbon tax, says premier

The wish list for Justin Trudeau's new government has grown, as B.C. Premier Christy Clark pushes for action on

climate change and softwood lumber.

Clark joined politicians Tuesday as they made bids for attention to their issues one day after Stephen Harper's Conservatives were ousted from a decade-long grip on power.

Clark said the federal government's "wisest" move on climate would be following the lead already set by the prov-

inces — in particular, B.C.'s carbon-pricing policies.

The federal government should simply be taking the role of co-ordinator and not "start to fiddle with real success that we've seen," she told reporters.

Clark has long had her flight booked for the upcoming United Nations climate change summit in Paris next month, she said, adding it will

be Trudeau who must ultimately represent all the provincial leaders on the international stage.

British Columbia's premier also said Trudeau must jumpstart renegotiation of the softwood lumber agreement with the United States, which hasn't been responsive to restarting talks.

Although the deal made in 2006 expired last week, it re-

mains in effect for another year and precludes the U.S. from bringing trade action against Canadian softwood lumber producers.

"It is absolutely urgent," Clark said.

"My approach? What do we all do when you make a phone call and you can't get through the first time? You keep calling."

THE CANADIAN PRESS



Premier Christy Clark speaks in Vancouver in 2013.

DARRYL DYCK/THE CANADIAN PRESS

TRIAL

Undercover terror case used 'closer'

The RCMP brought in a new lead investigator in the 11th hour of an undercover terrorism operation because they knew he was a "closer" who could wrap up the elaborate plan, a senior Mountie has confirmed in B.C. Supreme Court.

Insp. Stephen Corcoran testified on Tuesday that Staff Sgt. Vaz Kassam joined the operation in June 2013, one week before a couple was arrested for plotting to detonate three pressure-cooker bombs around the B.C. Legislature on Canada Day.

A jury found John Nuttall and Amanda Korody guilty of terrorism earlier this year, but the couple's lawyers are in court arguing the police manipulated them into committing the crime.

"Did he ever tell you that he essentially wanted to bring in Kassam because he thought Kassam could close this thing down — in other words, he would be his closer?" asked Korody's lawyer Mark Jette about the operation commander's decision.

"I don't know in that sense, using those exact words," said Corcoran. "But in that spirit: yes."

Jette suggested earlier in the hearing that Kassam had encour-

aged investigators to motivate the pair to leave their home and the distractions of drugs and video games to focus them on their bomb plot.

Kassam disagreed with that notion, arguing that removing the two from their element would allow police to better assess their threat to public safety.

The original trial heard that Nuttall and Korody were recovering drug addicts living on welfare who had recently converted to Islam and wanted to avenge what they saw as Canada's mistreatment of Muslims overseas.

Nuttall and Korody sat passively in the prisoner's docket throughout the testimony. He sported a light grey blazer and closely cropped hair — a departure from his long, wiry locks visible in the undercover video played throughout the trial. She wore a dark burgundy shawl that covered her hair.

Separated by two seats, the couple stared affectionately at one another before the proceedings began. Nuttall blew a kiss to Korody a few moments before the judge entered the courtroom.

Other members of the investigative team are expected to testify later in the trial.

THE CANADIAN PRESS

IN BRIEF

Police watchdog leaves First Nation rampage case

British Columbia's police watchdog says it is no longer investigating a rampage that left a 22-year-old man dead and 11 people injured in the Bridge River Indian Band office.

The Independent Investigations Office says there was no connection between the death of David James and the actions of officers present, so it is no longer involved in the case.

THE CANADIAN PRESS

Man shot in targeted attack, says RCMP

A 55-year-old man remains in hospital with critical gunshot wounds after an attack near Enderby, B.C.

The name of the victim has not been released, but RCMP Const. Jocelyn Noseworthy says he knew his attacker and that the shooting was targeted. She says a 58-year-old man was arrested a short time later.

The suspect remains in custody, but charges have not been laid.

THE CANADIAN PRESS

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INTERNATIONAL OPINION

The world reacts to Liberals' victory

The first foreign reactions to Justin Trudeau's ascent to the prime ministership included words of both congratulation and consternation — as well as some sexual objectification.

The flood of well-wishes began early Tuesday as world leaders from India, Mexico, Italy, France, China, the U.K. and the U.S. either sent messages or called Canada's newest prime minister-designate.

The foreign media coverage included serious dives into his policies. At the same time there was a bumper crop of tabloid-style headlines about his appearance, with the UK Daily Mirror offering one example of the genre: "Is Justin Trudeau the sexiest politician in the world?"

Sexy or not, his closest international partner showed no sign

of being an easy first date. The U.S. sent mixed signals Tuesday, some of encouragement but also notes of caution.

The White House offered congratulations and welcomed talk of closer co-operation on climate change. On the other hand, the Obama administration sought clarity on two files where it was pleased with the relationship with the Conservative government: trade and the military.

A White House spokesman raised the Islamic State bombing mission without prompting Tuesday. There were whispers in Washington over the summer that the administration was concerned about the Liberals' stated intention of withdrawing from the bombing, in order to contribute in other ways.

THE CANADIAN PRESS

I'm hopeful tonight's election will put Canada back in a leadership position. Congratulations.
- Former U.S. vice-president Al Gore



FAMILY

First Canadian political dynasty

It seems somehow fitting that the son of the man who first fired up political passion in Stephen Harper should be the person to usher him out of politics.

In besting Harper, Justin Trudeau has created Canada's first national political dynasty, following in the footsteps of his late father, Pierre Trudeau, one

of the country's most revered — and reviled — prime ministers.

In the process, he's scored another record for the history books, vaulting his party from a distant third place into first in a single election. And now he'll be the first prime minister to return to the home where he grew up, 24 Sussex Drive. THE CANADIAN PRESS



PHOTOS BY AFP/GETTY IMAGES AND THE CANADIAN PRESS



Trudeau improves Canada's brand

CHARISMA

Leader's good looks could be good for country



Luke Simcoe
Metro | Toronto

Within hours of Justin Trudeau's election Monday night, news outlets around the world were remarking on Canada's "hot" and "sexy" new leader.

While Trudeau's square jaw and headline-grabbing hair may not end poverty or reduce Canada's greenhouse

gas emissions, branding experts say the prime minister-elect's good looks could have real benefits for the country's reputation.

"The thing that's exciting about Justin is that he brings Canada's brand for the first time into the 21st century," said Bruce Mau Design CEO Hunter Tura. "He's a J.F.K.-like figure. He's got the vitality, the good looks, the beautiful family."

"To have the country represented on the global stage by someone with such charisma is great for brand Canada."

Michèle Champagne, a Toronto writer and designer with a background in global branding, said Trudeau's image could potentially boost

immigration and stem the country's "creative brain drain."

"I think the world will see him as this fresh, leftist face," she said. "Does that mean Canada will be a place where more young people want to emigrate? Will it attract more artists and designers to Canada? I don't know."

While he'd prefer to see Canadians discussing policy rather than appearances, Memorial University professor Alex Marland acknowledged the appeal of a popular prime minister.

"The very fact that we're having this conversation shows how much of Canada's identity is wrapped up in its leader," he said. "You look to

that to embody everything about our nation."

From a branding perspective, Marland said there are significant differences between Trudeau and Harper.

"I'd say we've gone from policy wonk to young optimism," he said. "And while Harper represented individuals, Trudeau portrays a sense of communitarianism."

Regardless, Marland cautioned against falling into a Trudeau-mania 2.0.

"Any charismatic leader brings a sense of excitement and pride, but it can also cause people to look the other way," he said. "Too often, we're willing to give a politician the benefit of the doubt because they're likable."

GOVERNMENT

Cabinet contenders

One of Justin Trudeau's first task will be naming a cabinet that strives to balance regional interests, diversity and experience. But Trudeau has already pledged that his cabinet will have an equal number of men and women. Here is a look at some potential candidates:

1 Bill Blair (Scarborough Southwest):

Blair announced his run for the Liberals in April after retiring as chief of the Toronto Police. Blair's background has meant he is well-schooled in public safety issues but has also given him an expertise in urban issues like poverty and youth unemployment.



2 Bill Morneau (Toronto Centre):

Another political rookie, Morneau beat back a spirited campaign by New Democrat Linda McQuaig to capture his Toronto riding. Morneau is a businessman who has advised the Ontario government on pensions.



3 Ralph Goodale (Regina-Wascana):

Goodale is a political veteran who has held a variety of cabinet posts in past Liberal governments, including agriculture and finance, and would bring welcome experience to Trudeau's front bench.



4 Chrystia Freeland (University-Rosedale):

Former editor and author Chrystia Freeland spent her time in opposition as the Liberals' trade critic, and was a frequent performer in the House of Commons. The Liberals' star Toronto MP will likely have a seat at the cabinet table.



5 Andrew Leslie (Orléans):

Leslie is a former head of the army who retired with the rank of lieutenant-general. He has advised Trudeau on security and foreign policy issues.



6 Jody Wilson-Raybould (Vancouver Granville):

Former Crown prosecutor and Assembly of First Nations regional chief Jody Wilson-Raybould handily won in what was expected to be a tough race. Wilson-Raybould figured prominently in the Liberals 2014 convention in Montreal.



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Tories examine their loss

ELECTION 2015 Party insiders laying blame on campaign manager

On his final campaign flight from Abbotsford, B.C., to Calgary, Stephen Harper sat with his closest friends and began putting together the plan for his exit from the Conservative party leadership.

That plan began unfolding Tuesday as Conservative politicians and the party's rank-and-file look to a future leadership race in order to move forward and rebuild from a devastating election loss.

“She had four years to prepare for this campaign and was simply wholly unprepared.”

Conservative source

Harper was calm about the defeat that lay before him, according to sources who spoke to The Canadian Press over the past 24 hours. During the flight, he sat alternately with longtime aide Ray Novak and party president John Walsh.

In the days to come, the structure of the upcoming leadership race will take shape. Senior parliamentarians Diane Finley, Tony Clement and Rob Nicholson are among the names being floated for interim leader.

At the same time as the leadership race is set in motion, the activists are in the process of raking through the embers of the campaign, analyzing what went wrong and who is to blame. The party's executive director, Dustin van Vugt, is in charge of a process to review the campaign.

A senior party source said the party will be in debt as a result of the election campaign, something the members aren't used to. Considerable anger is being directed at campaign manager Jenni Byrne.

A high-placed Conservative source with intimate knowledge of the campaign argued that Harper personally performed



The leadership race to replace Stephen Harper will only be the Conservative party's second such race. DAVID BUSTON/GETTY IMAGES

well, and the leader's tour ran efficiently, but everything else was “an epic failure.”

“While it's ultimately the prime minister's fault because he allowed Jenni to have that role, it is inexcusable that she had four years to prepare for this campaign and was simply

wholly unprepared,” said the source, speaking on condition of anonymity. “When the party conducts its internal review, over the course of the next number of months, this one is going to be very thorough and we're going to identify the mistakes that were made, the processes that

weren't followed.”

In a sign of how tense things had become, Byrne was packing up her office in the Ottawa party war room as early as last Thursday. She was not in Calgary on election night, and was out of the job Tuesday morning.

THE CANADIAN PRESS

ANALYSIS

NDP stunned after dreams of governing shattered

The soul-searching is starting among members of the NDP after the stunning collapse of their vote in the federal election.

Party insiders say they saw the electoral freight train that was Justin Trudeau's campaign coming down the tracks as much as a month ago, but many in the senior leadership refused to believe it. Even still, the insiders say the scope of the loss and the prospect of a long rebuilding process are just beginning to sink in.

Some of the party's brightest public lights have been extinguished. High-profile MPs lost their seats.

The question on the minds of many people outside the party is whether leader Tom Mulcair will stay to lead a smaller caucus, especially when some in the party have questioned whether he dragged the NDP too far to the centre.

Robin Sears, who once served as the NDP's national director, says the party is not inclined to turf leaders.

THE CANADIAN PRESS

OPINION

If your party didn't win, be thankful it was a peaceful loss



Gilbert Ngabo
Metro | Toronto

I didn't vote on Monday. I can't tell you how sad that made me feel.

Forget about all the rhetoric of civic duty, the grudge you hold against this or that leader. Or political party. Or the talk about making your voice count.

All of that stuff matters. But what I was longing for was to participate in a democratic

process that is peaceful, in every sense of the word.

As I mingled in a crowd of Liberal MP-elect Marco Mendicino's supporters, my mind couldn't stop rambling about what elections mean in different parts of the world.

Take Kenya, 2007. Following the highly contested presidential elections, a dispute over the results erupted. People started attacking each other, and thousands lost their lives in the mayhem.

See, for some people it doesn't really matter who wins

the most votes. As long as a preferred candidate doesn't win, the system is flawed. And in extreme instances, that means killings, fleeing and refugee life.

I've only voted twice in my life, in the Rwandan presidential elections held in 2003 and 2010. Despite trying to convince myself that my vote actually counted on both occasions, observers from the European Commission, African Union and a gazillion rights organizations reported on serious voting irregularities.

“I knew Stephen Harper wasn't going to call in military forces in an attempt to cling to power.”

You want to think they're not right, but still you question the validity of your vote. After all, vote rigging does happen.

Not in Canada, apparently. All along, I wasn't expecting

NDP Leader Thomas Mulcair to come out and start accusing incoming prime minister Justin Trudeau of stealing the votes.

I knew Stephen Harper wasn't going to call in military forces in an attempt to cling to power.

But watching them deliver concession speeches, all smiles, almost brought me to tears. The same three guys who had spent the last 78 days tearing each other down by any and all available means were now all of a sudden extolling each other and the elec-

toral process.

Harper's words were more poignant. It's still unreal for me to hear an incumbent and powerful leader admit that the people are never wrong, notwithstanding that they just turfed him out.

So as winners congratulated losers on a well-run campaign, I couldn't have asked for a more powerful way to show the value of a vote.

And I felt sad that, as a permanent resident, I couldn't cast a ballot that was peaceful — in every sense of the word.



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PARTY POLITICS

Names fly for Tory leadership

Charest, Raitt, Ford, Kenney ... Mulroney?

The names of potential leadership contenders began swirling around Conservative circles within hours of Justin Trudeau's Liberal win, including that of another man who grew up at 24 Sussex Drive — Mark Mulroney.

Mulroney, son of former prime minister Brian Mulroney, is the head of equity capital markets at National Bank. Brother Ben is a well-known broadcaster with the CTV network.

His name might be sheer speculation, but in these early days before the race crystallizes,

party members will have fun blue-skying about possibilities.

The structure of the race itself hasn't taken shape yet. A conference call of the party's governing body will take place Tuesday night to appoint a committee tasked with organizing the leadership contest. The Conservative constitution lacks specifics on the rules for a leadership contest.

Ontario MP and former cabinet minister Lisa Raitt isn't ruling out a run, but said there's analytical work to be done before anyone heads down that road.

THE CANADIAN PRESS



Jason Kenney is one of the names being bandied about for a Conservative leadership race. THE CANADIAN PRESS FILE

Aboriginal people celebrate results

MANITOBA

Indigenous groups happy Harper gone

Samantha Samson
For Metro

The polls closed, the results went up and a group began dancing, singing and drumming in the middle of Portage Avenue and Main Street in Winnipeg to say goodbye to Stephen Harper.

The group began their celebration on the sidewalk, but moved into the intersection after a few minutes. They continued their singing and dancing even as cars honked and sped by them. One car went right through the group, almost hitting a man.

The group was cleared out of the street after about 10 minutes of celebration, but continued their cheers nearby.

"We made a call out to the warriors, strong indigenous

men and women to come out here," said Gerry Shingoose, who was part of the group early Tuesday morning. "We're going to say goodbye to Harper. We struggled under his power. He didn't do any nation-to-nation consultation with our people. He harmed Mother Earth. He never listened to our plea for missing and murdered women."

"We're celebrating that he's going to be gone."

Clement Chartier, president of the Métis National Council confirmed the cause for celebration.

"I would say the ousting of Harper is the reason for

what you saw in Winnipeg," said Chartier. "Harper had his own philosophy that was more geared towards economic development and job creation, and basically the aboriginal peoples weren't high on that priority list."

While Elections Canada said Tuesday they had yet to calculate aboriginal turnout, voter turnout spiked by up to 20 per cent in some largely aboriginal ridings. In Churchill-Keewatinook Aski, which covers much of Manitoba's north, chiefs said turnout was up by more than 11,000. WITH FILES FROM DAVE BAXTER AND THE CANADIAN PRESS

+ TIGHT RACE

Elmwood-Transcona riding could get a recount

Conservative candidate Lawrence Toet could request a recount in Winnipeg's Elmwood-Transcona riding. Toet lost to NDP Daniel Blaikie by 51 votes in Monday's election, just eight votes too

many to automatically force a recount under Elections Canada rules. An automatic recount occurs when the margin of victory is less than 1/1,000th of the total votes cast. Blaikie received 14,699 votes while Toet had 14,648. METRO

POLICY

Major fiscal changes expected under new Liberal leadership

From tax cuts on middle incomes to an expanded Canada Pension Plan, the Liberals made a lot of promises during the federal election campaign that would affect Canadians' finances. Now that the Liberals have won a majority under leader Justin Trudeau, Canadians can expect to see major changes in federal fiscal policy.

That includes undoing some of the targeted goodies the Conservatives created — such as an expanded TFSA — in favour of making broader tax cuts and benefits.

How soon might Canadians see these changes?

In theory, "a government can introduce anything at any time when they're in a majority," said Brian Brophy,

tax partner at Deloitte.

Plans to roll back TFSA contribution limits to \$5,500 from \$10,000 could be introduced as soon as Parliament resumes sitting, for example. But, in practice, most

quire the support of seven out of 10 provinces representing two-thirds of the population.

How will the proposed tax changes affect families?

The impact of the Liberal's proposed tax changes on individual families will depend on specific financial circumstances, said Caroline Battista, a senior tax analyst with H&R Block.

Even higher-income families will benefit from the tax cut on middle incomes, while some lower-income families could lose in the decision to end income splitting, she said.

She urges people to look beyond political rhetoric before assuming they don't qualify for certain benefits.

TORSTAR NEWS SERVICE

major tax changes are announced in federal budgets.

Some Liberal campaign promises, such as an expanded Canada Pension Plan, could take longer, as they re-



IN BRIEF

Spending promises good for construction industry

Corporate Canada is sizing up the Liberal majority and what it could mean for

their bottom lines, with the construction industry particularly poised to benefit from Justin Trudeau's promises to inject billions

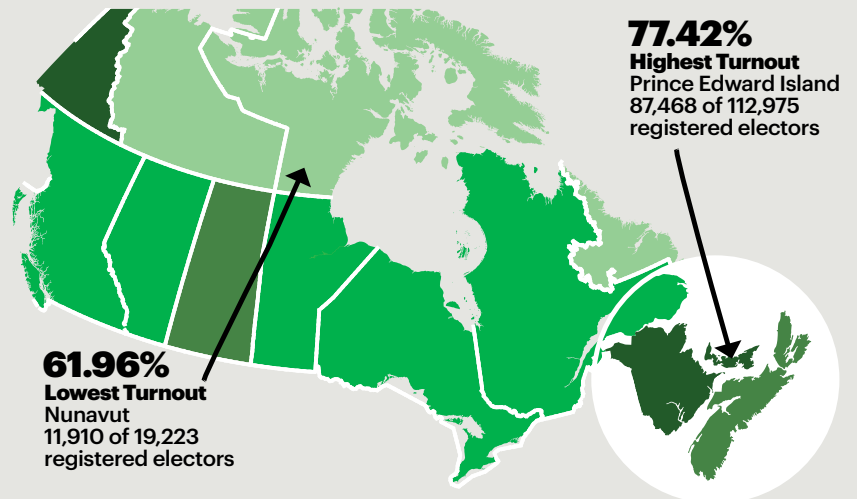
of dollars into repairing roads, building bridges and improving waste water treatment plants.

THE CANADIAN PRESS

MAPPED CANADIAN ELECTIONS TURNOUT

Riding Highs

17 million people voted, the most since 1993



68.5%

17,559,353 of 25,638,379
registered electors voted in
the 2015 federal elections

61.1%
in 2011

- Between 55%-59%
- Between 60%-64%
- Between 65%-69%
- Between 70%-74%
- Between 75%-79%

Source: Elections Canada

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Migrants overwhelm Slovenia

CRISIS

Country 'in dire straits,' needs more help from EU, official says

Led by riot police on horseback, thousands of weary migrants marched across western Balkans borderlands as far as the eye could see Tuesday as authorities cautiously lowered barriers and intensified efforts to cope with a human tide unseen in Europe since World War II.

Leaders of Slovenia deployed military units to support police on their overwhelmed southern border with Croatia, which delivered more than 6,000 asylum seekers by train and bus to the frontier in bitterly disputed circumstances between the former Yugoslav rivals.

With far too few buses available in Slovenia to cope, most people walked 15 kilometres on rural lanes past cornfields and pastures to reach a refugee camp, a challenge eased by sunny weather after days

of torrential rain, fog and frigid winds.

On Slovenia's frontiers with Croatia and Austria, aid workers toiled to erect enough tents and other emergency accommodation to shelter up to 14,000 travellers, more than five times the tiny nation's previous official limit.

Interior Secretary of State Bostjan Sefic told reporters in the Slovene capital, Ljubljana, that the pressure on border security with Croatia had grown

"very difficult with an enormous number of people." He said Slovenia, an Alpine land of barely two million, needed much more help immediately from bigger EU partners to cope or the country might have to adopt border-toughening measures.

"If this continues we will have extreme problems. Slovenia is already in dire straits, an impossible situation," Sefic said.

In Brussels, Slovenian

President Borut Pahor met European Union leaders and said he expected his country to apply for emergency financial aid and border patrol reinforcements from EU partners.

Hungary, long the most popular eastern gateway for people fleeing conflict and poverty in the Middle East, Asia and Africa, has padlocked its borders for migrants progressively over the past month, forcing the tide west through

Croatia and Slovenia. All three nations have expressed fears of ending up stuck accommodating tens of thousands of asylum-seekers indefinitely if other EU nations farther north close

their borders too.

Croatia, which has erected relatively few shelters along its borders with Serbia and Slovenia, directed thousands into special trains and bus convoys Tuesday to Slovenia.

THE ASSOCIATED PRESS

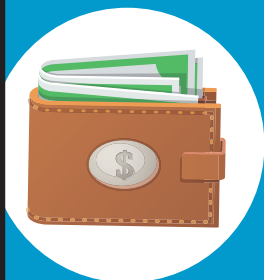
14,000

Number of asylum-seekers travelling through Slovenia needing tents and emergency accommodations on the country's frontiers with Croatia and Austria.



Migrants walk along a street to the Austrian - Slovenian border after they broke through a cordon in a makeshift camp in Sentilj, Slovenia, Tuesday. CHRISTIAN BRUNA/THE ASSOCIATED PRESS

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ISRAEL

UN official visits, calls for calm

UN Secretary-General Ban Ki-moon called for calm during a surprise visit to Jerusalem on Tuesday ahead of meetings with Israeli and Palestinian leaders, in a high-profile gambit to bring an end to a month-long wave of violence.

The visit comes amid unrest that erupted a month ago over tensions surrounding Jerusalem's most sensitive holy site, a hilltop compound in Jerusalem's Old City.

A spate of almost daily Palestinian attacks against civilians and soldiers, most of which

have involved stabbings, has caused panic across Israel and raised fears that the region is on the cusp of a new round of bloodshed.

"These are difficult times for Israelis and Palestinians. I am here in the hope that we can work together to end the violence, ease the tensions and begin to restore a long term political horizon of peace," Ban said at a press conference with Israeli Prime Minister Benjamin Netanyahu Tuesday night.

"I deplore the random at-

tacks against civilians. Such terror attacks make every place unsafe and every person regardless to gender or age a potential victim," he said.

Over the past month, 10 Israelis have been killed in Palestinian attacks, most of them stabbings. In that time, 46 Palestinians were killed by Israeli fire.

Netanyahu said Tuesday night that the violence has been caused largely by incitement from Palestinian leaders, including President Mahmoud Abbas. THE ASSOCIATED PRESS



UN Secretary-General Ban Ki-moon, left, and Israeli Prime Minister Benjamin Netanyahu attend a press conference in Jerusalem on Tuesday. SEBASTIAN SCHEINER/THE ASSOCIATED PRESS

IN BRIEF

New rules aim to cut risk of air collisions over Syria

The U.S. and Russia put into practice on Tuesday new rules designed to minimize the risk of air collisions between Russian and U.S.-led coalition aircraft over Syria.

A Russian defence official in Moscow said the "memorandum of understanding" suggests a potential for U.S.-Russian counterterrorism co-operation, but U.S. officials said it was a narrow arrangement that does not lessen Washington's concern about the Russian military campaign in Syria. THE ASSOCIATED PRESS

Cuban street artist freed after stunt with pigs

The Cuban street artist known as El Sexto was freed Tuesday after spending 10 months behind bars for attempting to set free in a public park two pigs painted with the names of Fidel and Raul Castro. International human rights groups called his case a demonstration of how Cuba's harsh limits on free expression remain in full force despite its economic opening and detente with the United States. THE ASSOCIATED PRESS



URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION
I don't wish to tell my wife's parents they're overstaying their welcome, but they really are. They have been here for nearly a month. I am starting to hate them. HELP ME ELLEN.

Dear Ellen,

I was wondering what you recommend when it comes to appropriately telling someone that you hate what they are doing and wish that they would change it this instant. I don't wish to tell these people (as they are guests that they are overstaying their welcome, but they really are. They have been here for nearly a MONTH now, and I am starting to hate them (they are my wife's parents). I really like them, but I need some space.

HELP ME ELLEN! Or I might go crazy!!!!

Apollo

Dear Apollo,

Your question raises many more questions, starting with: How badly do you want to stay married?

Where is your wife in all this? Is it the case that her parents are driving her crazy too, but she's incapable of confronting them and therefore is relying on you, her champion and protector, to get rid of this invading in-law horde of two? If so, you may safely, and politely, use the standard breakup strategy learned in your dating years.

Take them out for a nice dinner in a public place where they (hopefully) won't freak out when you dump them. Tell them it's you, not them. You're under a lot of stress (imply it's work, not their overbearing demands for constant contact, even though it is), and it's driving you crazy that you can't give them the love and attention they so obviously deserve. Pacify them with promises that you still want them to stay over again from time to time (with firmly set parameters), because you really do love them and want them

in your life, but only if they can accept what you're capable of giving.

Although this may sound like the bogus crap used by jilting cowards when they're tired of a too-devoted sex partner (or so I've, um, heard), the fact that you (judging by your letter) really feel this way about your in-laws makes it respectfully honest, even though it may be difficult for you to say and for them to hear.

If, on the other hand, your wife loves having her parents stay with you and never wants them to leave, you're in trouble. You then have to have a respectful, honest conversation with your wife, and of course we hope you'll follow the rules of proper etiquette there too, or at least the rules of the Geneva Conventions.

Finally, if the direct approach with either party fails, you may have to gracefully let go and put your attention elsewhere. And no, Apollo, we do not mean

polishing the stair boards leading up to the guest room to a slippery glass-like surface and then plying the in-laws with brandy after dinner. That approach is tantamount to murder, and murder, while sometimes understandable, is never polite.

Take them out for a nice dinner in a public place where they (hopefully) won't freak out when you dump them.

We're thinking more along the lines of, say, that drum kit you've been eyeing since high school. Honestly, after all your self-sacrifice, don't you owe it to yourself to bring it home and finally learn how to play? Or that kitchen reno your wife's been dreaming of — why not purchase a brand-new

sledgehammer and do the preliminary demolition yourself to save money? Or, as long as your home is open for extended stays from in-laws, go ahead and invite that poor, neglected uncle of yours — you know, the tone-deaf one who insists on singing along with every contestant on The Voice whether he knows the words or not, while his Doritos-addicted spouse hogs the entire couch because her severe flatulence prevents her from sitting up straight.

It may feel as if you're cutting off your nose to spite your face, but stick with it. Someday you'll be a happy percussionist with a new kitchen who's brought joy to a weird uncle and his digestively challenged wife, and thereby reclaimed his home for himself and — we hope — his wife.

Need advice?

Email Ellen:

scene@metronews.ca



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ROSEMARY WESTWOOD

metroview

Perhaps someday we'll see a historic election for women. Not this time.

Shocking. Stunning. Historic. A triumph.

The Liberal victory is being called many things — but while it's a reversal of fortune for the country, it's hardly transformative for women in Parliament. Forget "real change"; try status quo.

The number of female MPs rose slightly Monday night, from 76 elected in 2011 to the new total of 88. But given the growth in overall MPs, it's only a tiny jump in women's percentage of seats — from 25 per cent to 26 per cent.

An increase I'd generously call peanuts.

The organization dedicated to increasing the number of women in elected office said as much yesterday. Equal Voice vice-president Joan Weinman said that we at least didn't slide backward, but that "quite honestly, when half the population is women, it would be really nice to see a number that somewhat reflected that in the House of Commons."

Such is the state of politics and feminism that parties can rise and fall with the hard swing of the electoral boom, while women's influence stagnates.

Still, all progress is progress. And the Liberals have promised much for women, including a commitment to the right to abortion and promises to fight violence against women, open more women's shelters and make child care more

affordable for those who need it. Crucially, the party hung its hat on a guarantee to name a half-women cabinet, and Justin Trudeau has some high-powered women to choose from, including Chrystia Freeland and Jody Wilson-Raybould, who represents one of 10 indigenous Canadians voted in — another record broken.

When Chatelaine mused in 2014 whether Justin Trudeau was "the candidate women have been waiting for," it noted he "could be a game changer, hauling so-called 'women's issues' into the 21st century."

He may indeed.

"We woke up this morning, and Canada had just elected a self-declared feminist as a prime minister," said Kelly Bowden, spokeswoman for the Up for Debate campaign, suggesting Trudeau will take women's issues seriously.

Meanwhile, Equal Voice is already working toward the next election, planning to recruit and train 5,000 women across the country to run for office (about 500 ran this time around).

I remain skeptical that any election can give to women MPs the kind of dramatic boost that the Liberals at large were given this week, but Weinman disagrees.

"I say to you: Hell yes, it is absolutely possible."

Perhaps she's right. Perhaps we will see, one day, a historic election for women.

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RECIPE EXCERPT MAGGIE BATTISTA'S FOOD GIFT LOVE

Candied Blood Orange Rinds

Makes: About 250 strips or about 1 1/2 pounds

Preparation Time: About 3 hours passive time (up to 12 hours total time)

The French understand how to preserve citrus with such elegance and after tasting so many versions of candied rind, in particular, in France, I committed to creating my own recipe. This works just

beautifully with oranges and grapefruit, but these Candied Blood Orange Rinds have become one of my signature food gifts. Making them is time intensive but has also honed my multi-tasking skills.

INGREDIENTS

- 5 blood oranges
- 2 cups granulated sugar, plus more for dredging
- 1 1/2 cups water

SPECIAL EQUIPMENT

- Drying rack or parchment paper

1. With a sharp knife, score the peel of the blood oranges into four big wedges. Peel the thick skin wedges away from the fruit, discarding any loose pith fibers. Set the skin aside.

2. Slice the blood oranges in half and juice them with a hand juicer. I get about 1 cup of juice; reserve 1/2 cup for this recipe and store the remaining 1/2 cup for another use (like Blood Orange Mimosas).

3. Slice the orange rinds into strips 1/8-inch and 1/4-inch wide. My knives are very sharp which makes it easy for me to get the 1/8-inch slice, but a 1/4-inch slice is good, too. If the blood orange peel has a very thick white pith, trim a touch of the white pith away and discard. Do not trim too much, as the pith is what retains the sweetness once candied.

4. Place the rinds in a pot and fill with enough cold water to cover by an inch. (If you're unsure of how to quantify the water, place the orange rinds in the pot and hold some down with a small measuring cup with a clean ruler placed inside. Add enough water to come up 1 inch on the ruler. Remove the meas-

uring cup and ruler before beginning to cook.) Bring to a boil and then boil for 3 minutes. Drain.

5. Repeat this process 3 more times. Boiling the rinds several times helps to remove extra bitterness. On the last drain, put the fruit aside for a moment.

6. In a clean pot, add the sugar, water and reserved 1/2 cup blood orange juice. Bring to a boil and then add the rinds. Return to a boil over high heat and then reduce the heat to medium. Cook the rinds for 45 minutes, or until the syrup is very thick and the rinds are barely translucent. Do not stir the pot; just keep swirling the liquid in the pot in order to keep the rinds fully submerged. If you smell any sign of burning, immediately lower the heat and swirl, swirl, swirl.

7. When ready, remove the rinds from the syrup (a few at a time) with tongs and dry them on a rack or a simple piece of parchment paper, making sure to not let them touch each other (they'll stick!) Let them dry for 4 to 6 hours or overnight. If they are still a bit wet, let them dry a little longer. (They will always be just a bit sticky.)

8. When dry, dredge the rinds through sugar. I prefer organic granulated sugar, as the color is a bit more translucent and the rind colour shines through, but traditional white granulated sugar is fine, too. You may need to press the sugar up against the rinds to ensure that it sticks well. Alternatively, if you plan to use the rinds in a baked good, omit the sugar altogether.

9. Store in an airtight container at room temperature for up to 4 weeks or in the fridge for up to 3 months.



GIFT WRAP

Gift wrap supplies: Paper bags, crimping shears, tag, wax paper

Optional: Rubber band, twine

Crimp bags to desired height and fill them with rinds. Write or stamp your label on a tag. With a hole puncher, make a hole through the top of the bag and the top of the tag. Thread a round head paper fastener through the tag and through the bag. Bend the fastener into place.

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Decadent Peanut Butter Balls

Makes: 60 to 70 tiny balls

Preparation Time: up to 3 hours

INGREDIENTS

- 3/4 cup confectioners' sugar
- 1 cup peanut butter
- 3 tablespoons (1 1/2 ounce) unsalted butter, melted
- 1 cup rice cereal
- 2 cups milk chocolate chips

SPECIAL EQUIPMENT

- Double boiler

1. Line a small baking sheet with parchment paper. Set aside. Add sugar, peanut butter and butter to a bowl. Mix to combine well — until no trace of confectioners' sugar remains in the bowl.

2. Add rice cereal and mix to combine well — it's easiest to combine with your clean hands. With a measuring spoon or small scooper, form small balls the size of about 1 tsp. Use your hands to pinch, press and roll each into a little ball and place on cookie sheet.

3. When all the mixture has been formed into balls, place the baking sheet in the fridge overnight or in the freezer for 30 minutes to chill and harden.

4. When ready to coat your peanut butter balls with chocolate, prepare the double boiler. Set a double boiler over medium heat. Place a bit of water in the bottom pot making sure the water doesn't touch the underside of the top

pot. Assemble the double boiler. If you don't have a double boiler, place a metal or glass bowl on top of a medium pot.

5. Place the chocolate into the top part of a double boiler to melt until a smooth consistency. You may opt to temper the chocolate instead. If you plan to temper the chocolate, reserve half the chocolate for the tempering part of the process.

6. Roll each ball in the melted chocolate and return to the baking sheet. Chill in the fridge for at least 2 hours until hard. They will keep in an airtight container in the fridge for up to 2 weeks.

Gift Wrap
Add balls to small bowls. Cut a long length of ribbon and tie in a knot around the bowl.





BOOK EXCERPT A FIELD GUIDE TO CANADIAN COCKTAILS

Twin Peaks inspired

A Field Guide to Canadian Cocktails raises a glass to those unique drink creations inspired by cities from coast to coast. More than 100 concoctions are included in the book, from Yukon's Sour Toe Shot to New Brunswick's Fiddlehead Martini.

To whet your palate, here is a recipe from the book inspired by the western Canadian cities in which Metro publishes editions.

EXCERPTED FROM A FIELD GUIDE TO CANADIAN COCKTAILS BY SCOTT MCCALLUM AND VICTORIA WALSH. RECIPES COPYRIGHT © 2015 SCOTT MCCALLUM AND VICTORIA WALSH, PHOTOGRAPHY COPYRIGHT © 2015 JUAN LUNA. PUBLISHED BY APPETITE BY RANDOM HOUSE, A DIVISION OF RANDOM HOUSE OF CANADA LTD., A PENGUIN RANDOM HOUSE COMPANY. REPRODUCED BY ARRANGEMENT WITH THE PUBLISHER. ALL RIGHTS RESERVED.

We've dedicated this boozy sipper to the cult classic television show Twin Peaks.

Early in the series, some of the characters cross the border into western Canada and head to a casino and brothel called One Eyed Jacks.

We were thrilled to include several nods to flavour mentions in that episode, after discovering they worked wonderfully together in a spirit-forward cocktail.

Jack With One Eye

- 1 1/2 oz bourbon or Canadian whisky
- 1 oz cold- or French-pressed good-quality brewed coffee, chilled
- 1/2 oz Cointreau or Triple Sec
- 1 barspoon maraschino cherry juice or cherry liqueur
- 1 dash mole bitters

- Handful of ice cubes
- 1 large ice cube
- 1 maraschino cherry, preferably with a stem.

Pour all ingredients except ice and cherry into a mixing glass.

Add handful of ice cubes and stir until chilled.

Strain through a julep strainer over large ice cube in a chilled old-fashioned glass.

Serve with a skewered cherry.

Serving suggestion

Strain Jack With One Eye over a large ice cube in a chilled old-fashioned glass. Serve with a skewered cherry



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2002	Kia Spectra	\$1,995	#6054	2013	Hyundai Sonata	\$13,777	#5758
2006	Ford Taurus	\$2,888	#6466	2012	Mitsubishi Spyder		
2006	Ford Crown Victoria	\$2,995	#5600		Convertible	\$14,995	#0655
2004	Ford Expedition	\$3,888	#6280	2015	Kia Sorento AWD	\$22,888	#6564
2007	Chrysler 300 Limited	\$6,888	#6529	2015	Buick Lacrosse	\$26,995	#6559
2008	Hyundai Sonata GLS	\$6,995	#5969	2015	Hyundai Genesis	\$33,995	#6556
2009	Chevrolet Impala LT	\$6,995	#6201	2012	BMW X6	\$38,888	#6352

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Author is 'an actress who cooks'

INTERVIEW

Cookbook of veggie recipes the latest from Madhur Jaffrey

Madhur Jaffrey is known to Americans — when she is known at all — as an author of Indian cookbooks. And with good reason: she has written more than two dozen of them.

But that's just the start. The woman often called "the Julia Child of Indian cookery" was born in Delhi, India, and came to the United States in the late 1950s, eventually landing among the New York glitterati. She started her career as an actress — something she continues to do — but soon found herself deeply rooted in the world of food. She has hosted cooking shows both here and in Britain, and helped launch the renowned New York Indian restaurant Dawat.

Now 82, her newest book, *Vegetarian India: A Journey Through the Best of Indian Home Cooking*, will be released in October. Here she talks about her acting, her start in food, and

her pivotal friendship with filmmakers Ismail Merchant and James Ivory.

What was the impetus for *Vegetarian India*? Why this book and why now?

I've never done a book that's all Indian and all vegetarian. There are many areas of India that I don't know and many cuisines I don't know, and I thought this would be a good way to learn about the cuisines I don't know anything about.

When you came to the U.S. in the late 1950s, you landed first in Vermont, where you taught pantomime, correct? How did that happen?

I needed a job. I was in the theatre and was very kindly employed by the Catholic University theatre team. They said "Why don't you come in the summer and work with our summer stock company," which used to live in Winooski, Vermont.

And from there you went to New York City. What were you hoping to find there?

The theatre brought me to New York. (My first husband)



The recipe for this berry pilaf appears in Madhur Jaffrey's latest cookbook *Vegetarian India*. MATTHEW MEAD/AP PHOTO

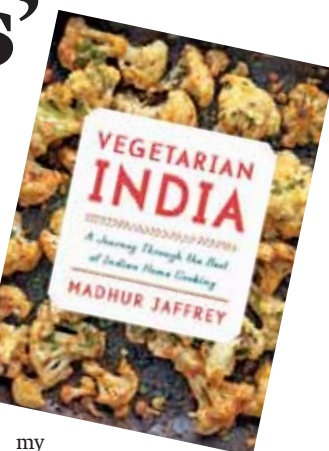
Saeed (Jaffrey) also studied at Catholic. He graduated and came to New York and I came with him. I was working as a guide at the UN at the time, and doing theatre in the Village. We were doing off-Broad-

munity in New York was very small at that time. Did everyone know each other?

All those (Indians) who came were doctors and statisticians and engineers. America wasn't taking people who weren't these things because that wasn't what was needed. We were very rare, these people in the arts. We knew all the people in the arts because that's where our interest lay. We knew the Indians who were around and other people who were actors but weren't Indians. It was an intellectual bookish, artistic world.

Were you fully embraced by the non-Indian art scene?

As curiosities, yes. But as somebody to give work to, no. It was very hard to get work. That's why we needed other jobs, all of us. I am in the art world; I have one daughter who's an actress, one who is a writer. The actress daughter has the same problem I did. But she is two steps ahead. Indians now are more in shows. People are writing more parts for Indians and they can play non-Indians. In *House of Cards*,



my daughter played a Latino. (In my time) they never thought of us as secretaries or lawyers. We were just Indians, and they were always the shiek-y types. They came vaguely from the Middle East.

What do you make of Mindy Kaling and Aziz Ansari and Indians on Pizza Hut commercials?

It's changing. This new generation is getting much more work. My daughter's generation and her friends — all of these people you mention — she knows all these people because they've all been at it together for a long time.

THE ASSOCIATED PRESS

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HOME COOKING

Rice is not simply some plain grain

Theresa Albert
For Metro Canada



Canadians are learning that healthy and tasty can coexist when they take a bite out of the world around them. Rice is a practical grain that goes with everything and is a healthier option than many other starches

like nutrition-robbled peeled and boiled potatoes.

According to a study published in *Food and Nutrition Sciences*, rice consumption was associated with better diet quality and general nutrient intake.

Here are some cool facts about rice to sput at the water cooler:

- Contrary to common thinking, rice can be reheated. Cool and store covered in the fridge for up to a week or freezer up to 6 weeks. Homemade "minute rice" simply needs 2 Tbsp of liquid per cup of rice added before warming it up in a microwave or on

the stovetop.

- Canada doesn't grow rice, meaning US-grown rice is as local as it gets. Nearly 70 per cent of our rice is from south of the border.
- One seed of rice yields more than 3,000 grains. It is the highest yielding cereal grain and can grow in many kinds of soils. This hits all the right notes for our sustainability quest.



- Winter-flooded rice fields provide important habitat for migratory waterfowl and other species. Across the U.S., hundreds of thousands of rice acres are being enhanced annually to provide habitat for these birds.

- About 50 per cent of North Americans consume only half of the magnesium they should. Magnesium is critical for muscle function. There is more magnesium in 1 cup of cooked long grain brown rice (21 per cent DV) than in 3.5 cups of spinach (20 per cent DV), and it has 4 g of fibre.

LIQUID ASSETS

This Chenin Blanc sheds the B-list reputation

No matter how you try and drink your way around it, falling into a grape rut, where you keep returning to the same varietals, happens to even the most seasoned wine fans.

Arguably a second-tier grape, Chenin Blanc often takes a backseat to Chardonnay and Sauvignon Blanc. Typically acidic, the versions produced in South Africa play up the grape's soft, plush fruit, which makes it a versatile white wine that pairs well with a wide variety of foods. While I don't usually suggest trying a value-priced wine when adapting your palate to a new grape (they rarely show its true personality) KVV's Contemporary Collection 2014 Chenin Blanc (\$9.45-\$10.99) is an impressive take on Chenin. Dry, with balanced acidity, it offers a creamy mouthfeel of lime and green fruit that would work particularly well with anything spicy.

PETER ROCKWELL



He'd go Back to the Future again

INTERVIEW

Doc Brown actor would be happy with another go

Pass the lab coat, wacky printed shirts and hair teaser.

Back to the Future star Christopher Lloyd is eager to play Doc Brown again.

"If they want to do some more, have Doc appear in a film, film a cameo, I'm happy to do it," the 76-year-old actor, who played the passionate, frizzy-haired scientist in the Back to the Future films, said in a telephone interview.

"I love the character and I love doing it."

The beloved franchise celebrates a milestone on Wednesday: Oct. 21, 2015, was the exact day and year that Marty McFly, played by Canadian Michael J. Fox, travels into the future in the second part of the series.

To mark the event, Cineplex Entertainment will screen Back to the Future parts one and two in theatres across the country on Wednesday, followed by the



As the original Back to the Future nears a milestone, Christopher Lloyd, who played the passionate, frizzy-haired scientist in the franchise, says he loved the role and he'd do it all over again. HANDOUT

full trilogy on Sunday. A portion of ticket sales will be donated to Team Fox, benefiting the Michael J. Fox Foundation.

Lloyd said the first film, which hit its 30th anniversary in July, lit a flame under his

career as hot as the one that burns behind Doc's DeLorean car when it blasts through time.

"The film Back to the Future certainly did a lot to put me where I am today and I did not foresee that," he said. "I

just was hoping the film would open successfully, the first one, but it's gone way beyond what I think most of us have imagined.

"It doesn't quit." The franchise even led to a personal milestone: His first

onscreen kiss.

It was with Mary Steenburgen, in Back to the Future Part III.

"Not only was it my first, it was my only," said Lloyd. "I can't think of a film where

there's been a romantic kiss of any sort, so I treasure that."

Robert Zemeckis directed the three Back to the Future films and also co-wrote them with Bob Gale.

Lloyd said an early draft for the first film had Doc Brown going to an atomic test site in New Mexico with Marty in the DeLorean, to get energy to travel into the future.

But they changed it.

"I'm glad they did," said Lloyd. "I think it would've put a kind of darkness to the film I don't think they wanted."

Lloyd said he still has one of the shirts Doc wore in Back to the Future Part II.

"It's more or less yellow with little steam engines going around on it. I haven't been wearing it. It's just hanging in the closet all these years."

And he still keeps in touch with Fox.

"We've had a chemistry that just is innate," said Lloyd. "We didn't have to figure out how to bring our chemistry up to the level that was necessary for the film. It's just present automatically and so it's been great."

"We've had quite a ride."

THE CANADIAN PRESS

STANDUP

Morgan hits road post-coma

After renewing his comedy career with appearances on Saturday Night Live and at the Emmy Awards, Tracy Morgan will embark on a U.S. stand-up tour this winter that will include stops in Ontario.

The Tracy Morgan: Picking up the Pieces tour is set to begin Feb. 5 at the Horseshoe Casino in Hammond, Ind., it was announced Tuesday.

Morgan was in a coma for two weeks following a June 2014 accident, when a truck on the New Jersey Turnpike crashed into the back of a van he was riding in. Comedian James "Jimmy Mack" McNair was killed in the crash.

Morgan made a surprise appearance at the Emmy Awards last month, with a more substantive turn as guest host on Oct. 17 of NBC's Saturday Night Live, the



“People are wondering, ‘Can he speak? Does he have 100 per cent mental capacity?’”

Tracy Morgan

show where he was once a cast member. In one sketch, he was joined by his fellow cast members of 30 Rock, Tina Fey, Alec Baldwin, Jane Krakowski and Jack McBrayer.

"People are wondering, 'Can he speak? Does he have 100 per cent mental capacity?'" he said in his opening monologue. "The truth is, I never did. I might even be a few points higher."

Morgan was unavailable for comment about his concert tour, although in a news release he

described it as getting back on a bike after falling down — "you don't forget where the pedals are."

His bookings, from February until the end of May, include gigs in Vermont and Ontario in February. But he does have two dates in Hawaii in early April.

He will perform three shows in New Jersey, including at a theatre in New Brunswick, about 32 kilometres north of where the accident happened.

THE ASSOCIATED PRESS

SONY COUGHS UP CASH

Sony settles employees' hacking lawsuit

Sony Pictures Entertainment has reached a settlement with current and former employees, agreeing to pay up to \$8 million to reimburse them for identity-theft losses, preventative measures and legal fees related to the hack of its computers last year.

The settlement was filed with the U.S. District Court in Los Angeles late Monday and still needs to be approved by a judge. The agreement calls for up to \$10,000 a person, capped at \$2.5 million, to reimburse workers for identity theft losses, up to \$1,000 each to cover the cost of credit-fraud protection ser-

vices, capped at \$2 million, and up to \$3.5 million in legal fees.

Hackers calling themselves Guardians of Peace broke into Sony Pictures computers and last November released thousands of e-mails, documents, social security numbers and other personal information.

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- Administrative Assistant, Player Relations
- Card Dealer In Training (Course starting December 1st)
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The Misfit method: No business plan

ORGANIC SUCCESS

No marketing, growth strategy or promotions

Jaclyn Tersigni

Amber Joliat didn't have a business plan when she started Misfit Studio.

Five years and hundreds of converted "misfits" later, she still doesn't. She's never needed one.

"I didn't even know what that was," Joliat jokes. "I've been asked 'When you opened the studio, how did you know people were going to come to class?' I didn't. I still don't. Every single day I'm like, 'It's so great that you're here!'"

"When there's something based on love and passion and truth, people identify with that. It resonates," the 37-year-old studio owner says. "That being said, the classes here are excellent."

Misfit Studio is, as Joliat describes it, Toronto's most unique movement studio. Sitting atop a converted church, Misfit offers a suite of classes that blend

pilates, yoga and dance for an experience that is challenging, inspiring, meditative and unlike any other group fitness in the city. As Joliat says, it's about "shedding who you are, what you do, and getting back to feeling your heartbeat."

Since it first launched as a small experiment, it's grown into one of Toronto's more fore-most studios, occupying a niche entirely its own.

"Every class is unique — it's what I call my 'misfit method,'" says Joliat, a Toronto native and lifelong dancer. "The yoga bleeds into the pilates, the pilates threads into dance, and it's all become this one, constant movement. It doesn't look like what a typical yoga class looks like or what a typical pilates class looks like."

It's true. Misfit Studio has replaced the stock soundtrack of nature sounds with the likes of Leon Bridges, D'Angelo and Miriam Makeba that Joliat confesses to playing a touch too loudly. Students and teachers, many covered in tattoos and breaking all yoga clichés, joke and hug. When you walk the stairs to the studio, you're greeted by a chalkboard bearing Talking Heads' lyrics (This must be the

place). Then there's the name.

"The interesting thing about using the word [misfit] is the gravitational pull towards it," Joliat explains. "People who have a slightly more open mind or who are looking for something alternative to do see that word and are encouraged by it, or curious about it. Right away, it magnetizes like-minded people."

Misfit Studio was born in 2010, when Joliat — then a yoga and pilates teacher working at various places across Toronto — felt uninspired by the uniformity of the classes and studios. "I had been teaching all over the city and I was like 'F— this, it's all the same,'" Joliat says. "I felt like I had something different and decided to just try."

She found a 500-square-foot space — "there was only enough room for six yoga mats" — to teach her fusion classes from and was taken back by how quickly business took off.

"It was crazy how fast it happened. It was 15, then 20, then 30 people showing up for class," Joliat recalls. "Then blogTO voted me in their top 10 yoga studios, in the first six months of me being open. Word spread really quickly that I was doing something different. For me, what



Amber Joliat says if something is passed on passion, it resonates with people. JESSICA BLAINE SMITH

was validating was that people understood."

The success has been organic. There's been no marketing (unless you count the well-followed Misfit Instagram account, featuring vintage photos of pinups and

celebrities dancing and moving), no elaborate growth strategy and no gimmicky promotions.

"I didn't know what I was getting into," Joliat says. "It's changed my life so much. I run a business now."

"People ask me quite a lot, 'did you dream of being a studio owner?' My dream was to be a painter or a dancer. I never dreamed this. But that's not the way I think. I'm just grateful for today."

A business model that's temporary

Many great business ideas are born from a problem without a solution.

For Tyler Handley, that problem was temporary tattoos — or lack thereof.

Not quite ready for his dream tattoo, "I wanted to wear tattoos in the meantime that meant something to me but I didn't necessarily want them permanently," says Handley, 28.

Unimpressed with the temporary offerings available — "they were things you used as a kid. They don't look real, they only last a couple days, they flake away" — Handley began looking for a way to create something more authentic looking, with a longer wear time. He recalled a documentary he had seen about indigenous tribes in south and central America who painted their bodies with ink before battle. "I thought — what is that stuff," Handley says.

The answer: jagua gel — and the catalyst for Inkbox, the company behind the world's first two-week temporary tattoo. Since Handley and younger brother Braden launched Inkbox in February, the Toronto-based company has found customers in more than 80 countries, raised



Be dope, temporarily. CONTRIBUTED

over \$275,000 on Kickstarter and attracted press attention from the likes of BuzzFeed, Mashable, the Huffington Post and Glamour magazine.

"It's a unique product. It's completely new. Nothing's happened in the tattoo space for decades," Tyler says. "Twenty-three per cent of Americans have a tattoo. When people hear the idea, it's an instant 'Wow, this is an inevitable product.'"

The appeal is obvious. Inkbox tattoos aren't your 90s child "wet-and-stick" variety; they last for two weeks, they look authentic and the designs are on-trend.

After applying the tattoo via the adhesive stencil and supplied ink, the image develops over 12 to 24 hours. The ink works by staining the epidermis, which

constantly regenerates itself. Real tattoos stain the dermis, the deeper layer of skin. "It's not on top of your skin. It's actually a part of your skin for two weeks," says Braden, 25. "It's not henna. This sinks into your skin ... It's a slow chemical reaction," Tyler adds.

The rise from idea to a company that has now sold more than 43,000 tattoos was quick. In the summer and fall of 2014, the brothers began experimenting with the ink formulation and creating stencils with adhesive materials and a die-cutter. Braden left his job with a marketing company and Tyler stepped away from his web startup to pursue Inkbox full-time. They launched on Feb. 2 and generated about \$500 in sales on day one.

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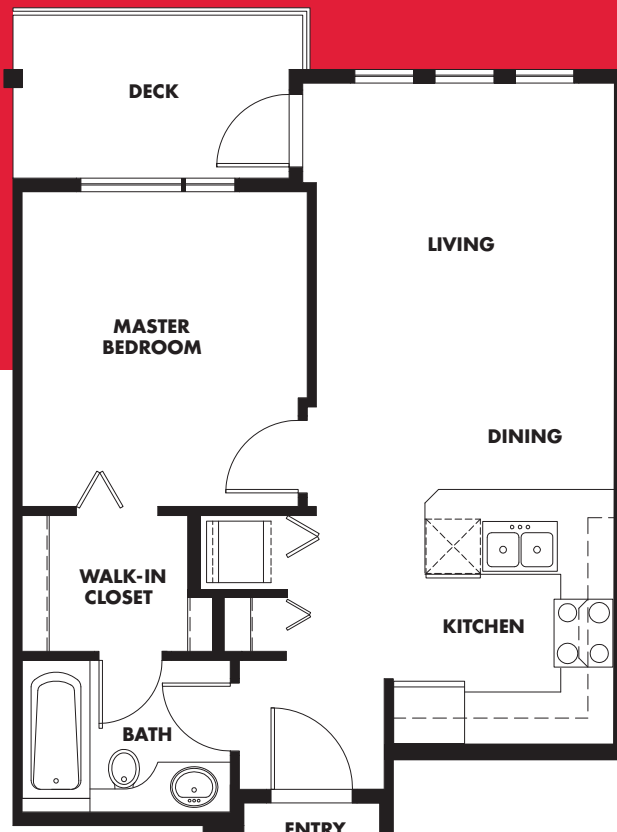


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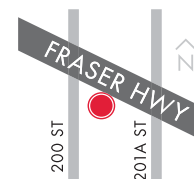
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REVIEW

Cadillac CTS boasts angular beauty and potent chassis

Mike Goetz

For Metro Canada



The original Cadillac CTS debuted in 2002 to herald the brand's new "Art and Science" design direction. It showed Cadillac was serious about moving away from its traditional luxury role of providing big and cushy American iron, to one that took on the premium German brands at their own sporty, high-tech games.

It's a plan that has more or less worked; sales are definitely up at Cadillac, but models still chase their respective rivals. In the case of the midsize CTS, that means it is still operating in the shadow of those class-conquering BMW 5 Series and Mercedes-Benz E-Class models, both of which are the very definition of a moving target.

The current-generation CTS, which debuted in 2014, is a bit of a curious animal. It seems to have aced the hardest parts of matching up with its premium competition, namely beautiful and distinctive styling, and a chassis that is the measure of anything in its class for on-road competence and enjoyment. The more mundane aspects of this vehicle seem to let it down.

But let's first go over more of the good stuff ...

The new RWD-based architecture features judicious use

of aluminum and magnesium, making the CTS one of the lighter cars in its class.

Slide into the interior and you'll be enveloped by a multitude of textures and finishes.

Our test vehicle had the optional 3.6-litre V6, which is all new this year. Rated at 335 hp and 284 lb-ft of torque, it is part of Cadillac's new engine family, and features heady technology such as automatic stop/start, direct injection with integrated exhaust manifolds, rigid aluminum block, and a cylinder deactivation system, which shuts down only one cylinder on each bank.

Net result is a very powerful, quiet and efficient V6. Combined with the new 8-speed automatic transmission, you have a totally up-to-date powertrain, and another reason why this Cadillac is so satisfying to drive.

Now a few gripes ...

The back seats are a bit tight for a luxury car of this size.

There are almost too many different types of materials and surfaces at play in the interior. Feels too busy to be sophisticated and calming.

Pricing has gotten steeper, especially when you start loading up on the available high tech. Cadillac is revisiting this issue, however, with special pricing programs.

The CUE driver interface continues to drag down the enjoyment of this car. With everything controlled by a touchscreen that is not super-fast-reacting, your eyes are constantly going back and forth from the screen to the road, which can contribute to a bit of needless nervousness behind the wheel.

THE CHECKLIST | 2016 CADILLAC CTS

THE BASICS

Type. Four-door, RWD/AWD midsize luxury sedan

Engines (hp). 2.0L turbocharged I4 (272), 3.6L V6 (333)

Transmission. Eight-speed automatic

Price. \$48,730 (base)/\$72,970 (as tested)

COOL FEATURES

- Apple CarPlay, wireless charging, and Wi-Fi mobile hub for passengers
- Surround Vision 360-degree camera system
- "Haptic" seat warns driver of surrounding objects, via location-specific (left/front) vibrations



MIKE GOETZ/FOR METRO

POINTS

- Current (and third) generation CTS unveiled for model-year 2014, with significant tweaking for 2016
- All-new optional 3.6L V6 features direct injection, auto stop/start, and cylinder de-activation
- One of the best handling cars in its class, via light and stiff chassis utilizing lots of precious metals

MARKET POSITION

- Midsize RWD luxury-sports sedan, positioned above the smaller ATS, and below the coming, full-size CT6
- As per the new Cadillac brand promise, designed to appeal to customers who are bold, sophisticated, and fans of reinvention
- Positioned directly against German luxury sports sedans

THE COMPETITION



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Hyundai Genesis
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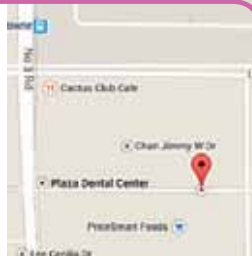


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Toyota's 'talking' cars get big buzz

TECHNOLOGY

System lets cars 'talk' with each other, infrastructure

Toyota will be using this year's Tokyo motor show to communicate why talking cars are the future of cleaner, safer personal mobility.

The Smart Mobility City 2015 is an event running alongside the main Tokyo show this year that will be examining the relationship between automobiles, people and society and the role of personal mobility in the city of tomorrow. And it is where Toyota will be showcasing the progress it has made with its Intelligent Transportation System (ITS) that enables cars to communicate with each other and with infrastructure elements such as traffic lights.

In other words, connected cars, an area where all automakers are busy developing



Toyota at the Smart Mobility City 2015. TOYOTA

+ ROLLOUT

By the end of 2015 Toyota will have two cars — the Crown and the Prius — on sale in Japan that boast ITS and is aiming to roll the technology out to European and U.S. customers by 2017.

solutions, but where Toyota is trying to establish an early lead.

Cars packed with radar, sensors and cameras can automatically stay in lane, maintain a safe speed from the vehicle in front and can even apply the brakes if a pedestrian steps out in front without looking. However, no set of cameras, no matter how smart, can see what's coming around a bend or at a blind junction. Hence car-to-car communication. If all cars "talked" to each other to say where they were, there would be no need to see around a bend in the first place.

That's the concept behind car-to-car communication and

its related car-to-infrastructure communication technologies, and at the Smart Mobility City a specially adapted Prius will be demonstrating how these technologies can make approaching junctions, turning right into traffic and maintaining a safe distance simpler, safer and more intuitive.

The system can also help authorities better manage the road network. Knowing in real time how many cars are using a stretch of highway gives advanced warning of potential congestion while drivers can better conserve fuel by knowing if and when the traffic light is about to change from green to red. AFP

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A smarter way for wheels to move

DRIVING FORCE

In-wheel electric motors could improve the way we drive

Jil McIntosh
For Metro Canada



Despite all our advances in automotive technology, most vehicles basically work the same way as they have for more than a century. Power comes from a gasoline engine or electric motor, depending on the type of vehicle, and the energy it creates is transferred through drive shafts to the wheels.

While the technology is still largely experimental, some companies are now looking at in-wheel electric motors. As the name suggests, each wheel contains an individual electric motor that exclusively turns it. Instead of a connected system of drive shafts that transfers the engine's power to the wheels, each of the vehicle's four in-wheel motors works

independently, connected only by wires to the vehicle's battery for their power, and to the computer that controls the system.

Although each motor turns by itself, the control system has to be extremely sophisticated for everything to work together. In addition to all four motors turning at the same speed when driving straight ahead, they must also stop simultaneously if the vehicle is going to brake in a straight line, and be able to co-ordinate their individual speeds when the driver wants to turn.

In-wheel systems would eliminate a number of vehicle components, including those that need occasional maintenance or replacement, such as brake pads. How-

ever, they would also need to be programmed to perform the functions of government-man-

dated safety systems such as anti-lock brakes, which rapidly apply and release the brakes to prevent locking up in panic stops, and electronic stability control, which applies the brakes to indi-

vidual wheels to correct a skid.

Without the need for drive shafts, the vehicle's floor could be lower and completely flat, making it easier to get in and out, and providing more passenger and cargo space inside. And since the wheels have much more movement, a driver could pull up beside a parallel parking space, turn the wheels all the way, and just slide the car sideways into the spot.

But before vehicles with in-wheel motors become commonplace, there are still issues to overcome. Although there have been a few higher-speed prototypes, most of the work has been done on small, lower-speed city commuter cars. While the motors eliminate the weight

THE PHYSICS

- In addition to numerous smaller companies, Nissan, Smart and Michelin have also experimented with in-wheel electric motors.
- Because electric motors don't have to rev up like gasoline engines do, vehicles that use them are capable of very quick acceleration.
- By capturing kinetic energy during braking, electric motors can help to feed electricity back into the battery, increasing the vehicle's range before it needs to be plugged in.

and complexity of driveshaft systems, engineers will have to determine how their extra mass at the wheels will affect driving and handling. The motors will also have to be extra robust to handle potholes and bumps, as well as snow and road salt, if they're ever going to handle most of our Canadian roads.



In-wheel motors drive each wheel individually, allowing for sideways movement when parking. JIL MCINTOSH/FOR METRO

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Royals return the favour

MLB PLAYOFFS

K.C. routs Toronto to take 3-1 series lead

A dream season for the Blue Jays could end short of its destination Wednesday, with Toronto once again on the verge of post-season elimination.

Ben Zobrist and Alex Rios homered as Kansas City roughed up Toronto starter R.A. Dickey early and a depleted bullpen late en route to a lopsided 14-2 victory Tuesday that pushed the Blue Jays to the playoff precipice.

The Royals lead the best-of-seven American League Championship Series 3-1, meaning Toronto now faces its fourth must-win game of the post-season.

Game 5 goes Wednesday at the Rogers Centre with Toronto's Marco Estrada facing Edinson Volquez in a rematch of Game 1 at Kauffman Stadium.

"We'll be fine (Wednesday) if we get a good outing by Marco. We expect to," Toronto manager John Gibbons said hopefully.

"And it was ugly today, no doubt about that. That's all I can say."

4

The number of times a team has come back from a 3-1 series deficit to win the ALCS. The Royals achieved that feat in 1985 against the Blue Jays.

ALCS Game 4



How ugly? Their bullpen in tatters, the Jays sent in infielder Cliff Pennington to pitch with two outs and two one in the ninth.

Pennington, who pitched in college, gave up two runs on back-to-back singles in a seven-pitch cameo before Russell Martin saved him with a foul catch at the Jays dugout.

Pennington is the first position player to pitch in a post-season game, according to Sportsnet Stats and ESPN Stats.

With the game a lost cause, Gibbons tried to keep Mark Lowe, Aaron Sanchez and Roberto Osuna — his top three relievers — out of the fray to fight another day. But he had to use Lowe for an inning.

The 14 runs allowed matched the Jays' post-season record for most runs against them, a mark set 22 years to the day in a 15-14 win over the Phillies in the 1993 World Series.

The Royals pitchers have shut down the free-swinging Toronto bats in three of four games. The Jays, who led the majors with 891 runs in the regular season, have scored zero, three, 11 and two against Kansas City.

The Jays slugged 232 homers



The Royals' Lorenzo Cain slides safely into home plate past Blue Jays pitcher R.A. Dickey in Toronto on Tuesday. RICK MADONIK/TORSTAR NEWS SERVICE

during the season. While they homered three times in Monday's 11-8 win, they have failed to find the fences in the other three games.

And while the Royals homered twice off Dickey, it has largely been death by a thousand cuts for the Jays. Kansas City scored four of its runs off sacrifice flies Tuesday and has filled the bases with runners, finding a myriad of ways to bring them home.

The opportunistic Royals went 8-for-11 with runners in scoring position. Toronto was

1-for-6.

Kansas City was up 5-0 when Dickey left after dispatching just five of the 12 batters he faced in the shortest start in Jays' playoff history.

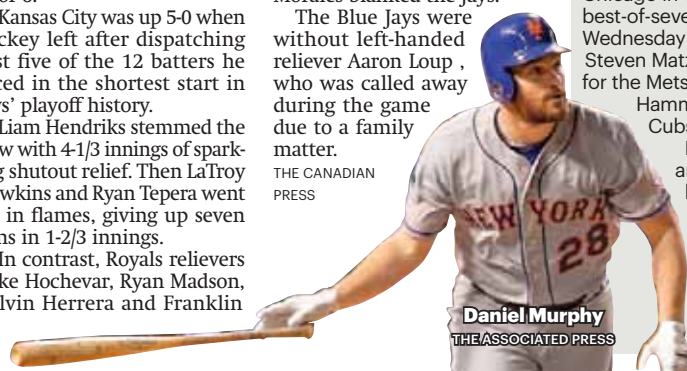
Liam Hendriks stemmed the flow with 4-1/3 innings of sparking shutout relief. Then LaTroy Hawkins and Ryan Tepera went up in flames, giving up seven runs in 1-2/3 innings.

In contrast, Royals relievers Luke Hochevar, Ryan Madson, Kelvin Herrera and Franklin

Morales blanked the Jays.

The Blue Jays were without left-handed reliever Aaron Loup, who was called away during the game due to a family matter.

THE CANADIAN PRESS



Daniel Murphy
THE ASSOCIATED PRESS

NLCS

Murphy's law helps Mets put Cubs on life support

Daniel Murphy homered for a record-tying fifth straight game in the post-season, sending Jacob deGrom and the New York Mets over the Chicago Cubs 5-2 on Tuesday night for a 3-0 lead in the National League Championship Series.

Yoenis Cespedes and David Wright each had three hits for the Mets. Cespedes scored the go-ahead run on a two-out wild pitch by Trevor Cahill on a strikeout of Michael Conforto in the sixth inning.

Murphy tied the homer streak mark set by Carlos Beltran in 2004.

It was Murphy's sixth homer this post-season, breaking Mike Piazza's franchise career record.

DeGrom pitched seven effective innings to improve to 3-0 in his first post-season. Jeury Familia closed for his fifth save of the playoffs.

The Mets can advance to the World Series for the first time in 15 years with one more victory over Chicago in Game 4 of the best-of-seven matchup Wednesday night. Rookie Steven Matz gets the start for the Mets while Jason Hammel goes for the Cubs.

Kyle Schwarber and Jorge Soler homered for the Cubs, who have scored just five runs in the series.

THE ASSOCIATED PRESS



Midfielder Pedro Morales is expected to miss both of the Whitecaps' games this week. GETTY IMAGES

SOCCER

Caps travel to Honduras with depleted roster

At what seems like the most inopportune time of the season, the injury-ravaged Vancouver Whitecaps travelled to Honduras on Tuesday for what is now a meaningless CONCACAF Champions League match with CD Olimpia.

The Whitecaps can't advance in Group F of the CONCACAF competition, and Thursday against Olimpia will mark the end of the club's first-ever experience in the Champions League group stage.

And it's a skeleton group

of players the club is travelling with. Appropriate timing if you're into Halloween puns, but it's no laughing matter for the Whitecaps, who are still competing for a home playoff date in the Major League Soccer post-season.

Vancouver, which sits third in the Western Conference, one



Carl Robinson
GETTY IMAGES

point back of L.A. for second place and two points up on Sporting Kansas City, which currently holds the sixth and final playoff spot, will wrap up the MLS regular season at home against the Houston Dynamo on Sunday.

Speaking to reporters on Monday, head coach Carl Robinson said between only 12 and 14 players would travel to Honduras for the game.

That means 11 starters and one to three substitute players. Under normal circumstances, teams would have squads of 18

players for a match.

Robinson said he petitioned CONCACAF to use USL players for this competition but that was denied.

Their catalyst through the midfield Pedro Morales (hamstring) is expected to miss both games this week, as is veteran central defender Pa-Modou Kah (groin). Even hometown player Caleb Clarke suffered a hamstring injury in training over the weekend, said Robinson.

"I can't do nothing about it," he said. CAM TUCKER/METRO

Reunion for Vrbata, Sedin twins

NHL

Move part of Desjardin's plan to get trio back on scoresheet



Cam Tucker
Metro | Vancouver

In a bid to ignite Radim Vrbata, as well as the Sedin twins, Daniel and Henrik, Vancouver Canucks head coach Willie Desjardin has, according to reports following Tuesday's practice, reunited the trio

that spent a good portion of last season together.

The 34-year-old Vrbata, coming off a 31-goal season in 2014-15 and never afraid to shoot the puck, is without a point through six games, despite sitting second on the team in shots on goal with 25 — only Daniel Sedin has more with 27.

Vrbata has come close on a few occasions to busting out of his slump, which has persisted and left Desjardin's to load up the top line in order to get one of its main scorers going.

The Sedin twins have also had their share of struggles

producing on the score sheet of late. Daniel has two goals and four points in six games, while Henrik has just one goal and one assist in the same amount of games.

The Canucks, who have yet to win on home ice in three games early in the 2015-16 campaign, host the Washington Capitals on Thursday at Rogers Arena.

Forward Chris Higgins, out since the pre-season after breaking his foot on a blocked shot, skated Tuesday, according to reports.

According to the Canucks, there is no timeline for his return.



Radim Vrbata, centre, celebrates with Henrik and Daniel Sedin after scoring against the Calgary Flames. RICH LAM/GETTY IMAGES

IN BRIEF

Chicago's Keith out 4-6 weeks after knee surgery

Blackhawks blueliner Duncan Keith will be sidelined for four to six weeks after he had knee surgery on Tuesday.

Keith, a two-time Norris Trophy winner, has two assists in six games this season. The team says he had a meniscal tear repaired. The loss of Keith, who was last season's playoff MVP, is a huge blow for the Stanley Cup champions. They play in one of the NHL's toughest divisions, and every point could make a difference at the end of the year.

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RECIPE Easy Shrimp Tacos



PHOTO: MAYA VINSTEI

Ceri Marsh & Laura Keogh
For Metro Canada



Once your ingredients are prepped, these tacos come together in a flash. **Serves 4**

Ready in

Prep time: 30 minutes

Ingredients

- 1 lb peeled, deveined shrimp
- 1 Tbsp olive oil
- 3 cloves of garlic, minced
- 1 tsp cumin
- 1/2 tsp chili powder
- 1/4 tsp salt
- 8 tortillas
- 3 Tbsp lime juice
- 1/4 head of red cabbage
- 2 Tbsp lime juice
- 4 Tbsp sour cream
- 2 Tbsp lime juice
- A good pinch of salt
- Sliced radishes, avocado

Directions

1. Peel and devein shrimp and

rinse under cold water. In a shallow bowl, mix oil, garlic, cumin, chili, salt and toss in shrimp. Refrigerate for 15 minutes (or overnight).

2. Preheat oven 200 degrees. Wrap tortillas in damp paper towel or kitchen towel, place in oven.

3. Slice the red cabbage and gently pull it apart into strands. Toss in a bowl with 3 Tbsp lime juice, olive oil and salt to taste. Set aside.

4. In a small bowl, mix the sour cream, 2 Tbsp lime juice and a pinch of salt to make a crema and set aside.

5. Heat a skillet to high, add a little olive oil. Add half of the shrimp. Cook until you can see pink come up around the edge. Flip them over and cook on the other side for a couple of minutes or until the shrimp are pink and opaque. Repeat with second batch.

6. Place shrimp, crema, tortillas, cilantro, salsa, sliced radishes and avocado on the table and let people build their own tacos.

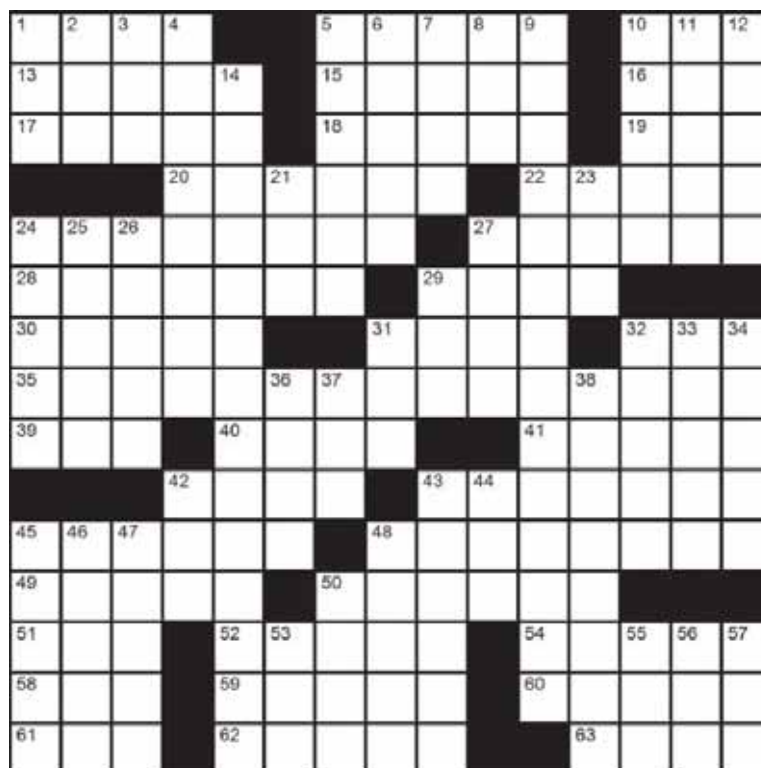
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Kabul's country [abbr.]
5. Ballroom dance
10. Mafia
13. Throat examiner's request: 2 wds.
15. "The ___" by Ed Sheeran
16. Painted tool
17. Dried seaweed
18. Dessert selection
19. Winnipeg's Ms. Vardalos
20. "___ the World in 80 Days" by Canadian rapper Kish
22. Pours
24. Window accessories
27. Illusion in the Sahara
28. Carefully reads through
29. Mr. Nicholson
30. Morocco's capital
31. Prefix that means 'Six'
32. Sporty prop
35. St. John's is located on it in Newfoundland: 2 wds.
39. Yearning
40. Thailand neighbour
41. Beauts
42. Soap brand
43. Moderate the meeting
45. Affliction at sea of yore
48. Summarized
49. Stables star
50. Household
51. Unit of work
52. Leaven-



- ing agent
54. Join
58. Stone or Bronze
59. Ancient seaport of Rome
60. Singer/song-

- writer Ms. Dean
61. Free
62. Overtune
63. Advantage

DOWN

1. Get permission

2. ___ Schwarz, New York City toy store in "Big" (1988) starring Tom Hanks
3. Exerciser's club
4. Customary
5. Ancient compan-

- ions for Dionysus
6. Molecular bits
7. Slight
8. Cricket club
9. The Toronto Blue Jays are one of the 'East' teams

- in it: 2 wds.
10. The Beatles + "The Ed Sullivan Show" = THIS!!!
11. Behind in debt
12. Uninterested
14. Song by Canadian band The Philosopher Kings: 4 wds.
21. Tee-___ (Chuckle)
23. ___ of the Covenant
24. Wet with the hose
25. Yo-___-ho! (Hoist, sailors, hoist!)
26. Cityfied
27. Singer, ___ Priest
29. Ms. Aniston, to pals
31. "For ___ a jolly good..."
32. ___ glasses (Beer glassware)
33. Thwart
34. Alleviated
36. Blue hue
37. The Raven writer's last name
38. It builds in a mystery
42. Norman Bethune, et al.
43. Group of five
44. TV-making co.
45. Cut
46. The Queen's fave dog
47. Spurred on
48. Myrrh, for example
50. Spouse
53. Clairvoyance, e.g.
55. "___ be an honour"
56. Young sheep
57. Afore

★ IT'S ALL IN THE STARS by Sally Brompton

♈ Aries March 21 - April 20
Tackle problems one at a time or your efforts won't amount to much. There may be one or two minor nuisances between now and the Sun's change of signs on Friday but nothing you cannot comfortably handle.

♉ Taurus April 21 - May 21
You don't have to justify your opinions to anyone. You are entitled to your beliefs and are under no obligation to submit to cross-examination.

♊ Gemini May 22 - June 21
Let your thoughts roam. There are no limits to what you can imagine and there are no limits to what you can achieve. If others think that your ideas are bizarre, agree with them and change nothing.

♋ Cancer June 22 - July 23
You deal with whatever challenges you face with ease. Your confidence is so high at the moment that even so-called superiors will come to you for advice.

♌ Leo July 24 - Aug. 23
You may be on a tight schedule but you must still make time for people who depend on you. Those who are feeling crushed by events desperately need a touch of your can-do spirit.

♍ Virgo Aug. 24 - Sept. 23
This is a good time to convince others that you know what you are talking about. Whether that is actually true remains to be seen, but your powers of persuasion are such that no one will disbelieve you.

♎ Libra Sept. 24 - Oct. 23
There are people in your social circle who envy you for your popularity and are plotting to make you look bad. Be on your guard. Watch out for those who flatter you too much.

♏ Scorpio Oct. 24 - Nov. 22
You have enviable self-belief. But you will convince yourself, wrongly, that you can master something that is simply beyond you. You don't have to be good at everything.

♐ Sagittarius Nov. 23 - Dec. 21
Your confidence may be high but don't take too much for granted, because what you gain through confidence today could easily be lost through over-confidence when the Sun changes signs on Friday.

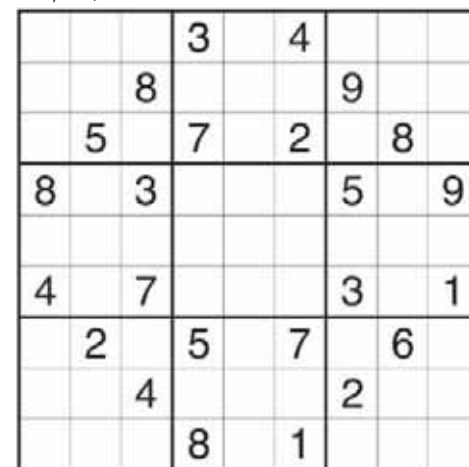
♑ Capricorn Dec. 22 - Jan. 20
If you are going to disagree with someone make sure you stick to the facts, because if you exaggerate they will make you look stupid. If the facts are not strong enough to back up your case, then keep quiet.

♒ Aquarius Jan. 21 - Feb. 19
Keep things simple and don't look for difficult answers when easy ones will do. You can tie yourself in knots trying to understand the unknowable.

♓ Pisces Feb. 20 - March 20
Keep your wits when dealing with cash and investments. It is unlikely that anyone is trying to cheat you. Just because someone else has made a mistake does not mean you have to make it too.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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